

College

**UPTIME**  
COMUNICAÇÃO EM INGLÊS

Stage 1  
Freshman

# Os sentidos na aprendizagem

Pesquisa realizada pela *Socony-Vacuum Oil Co.* sobre a importância dos sentidos na aprendizagem e na retenção dos conhecimentos, revelou os seguintes dados:

## Aprendemos:

- 1% através do gosto
- 1,52% através do tato
- 3,5% através do olfato
- 11,5% através da audição
- 83% através da visão

## Retemos:

- 10% do que lemos
- 20% do que escutamos
- 30% do que vemos
- 50% do que vemos e escutamos
- 70% do que ouvimos e logo discutimos
- 90% do que ouvimos e logo realizamos



Métodos	Dados retidos após 03 h.	Dados retidos após 03 dias
Somente Oral	70%	10%
Somente Visual	72%	20%
Visual e Oral	85%	60%

## Com relação à audição e visão, concluímos:

- A aprendizagem se verifica mais pela visão do que qualquer outro sentido. A audição vem em 2º lugar.
- A taxa de extinção (esquecimento) é bem menor quando a visão e a audição são acionados, simultaneamente, no processo de aprendizagem.

# As 100 palavras mais comuns

Tony Buzan, em seu livro "Usando Sua Memória", aponta que apenas 100 palavras abrangem 50% de todas as palavras usadas, na conversação, em uma língua. Aprendendo estas 100 palavras, qualquer pessoa terá percorrido um bom caminho para aprender a falar uma língua, embora em um nível básico.

As 100 palavras básicas que compreendem 50% de todas as palavras usadas em inglês segundo Tony Buzan:

1 a, an	21 go	41 one	61 place	81 think
2 after	22 good	42 more	62 please	82 this
3 again	23 goodbye	43 most	63 same	83 time
4 all	24 happy	44 much	64 see	84 to
5 almost	25 have	45 my	65 she	85 under
6 also	26 he	46 new	66 so	86 up
7 always	27 hello	47 no	67 some	87 us
8 and	28 here	48 not	68 sometimes	88 was
9 because	29 how	49 now	69 still	89 very
10 before	30 I	50 of	70 such	90 we
11 big	31 am	51 often	71 tell	91 what
12 but	32 if	52 on	72 thank you	92 when
13 can	33 in	53 once	73 that	93 where
14 come	34 know	54 only	74 the	94 which
15 either / or	35 last	55 or	75 their	95 who
16 find	36 like	56 other	76 them	96 why
17 first	37 little	57 our	77 then	97 with
18 for	38 love	58 out	78 there is	98 yes
19 friend	39 make	59 over	79 they	99 you
20 from	40 many	60 people	80 thing	100 your

# Welcome & Nationalities

## conversation

Track 1  
00:29



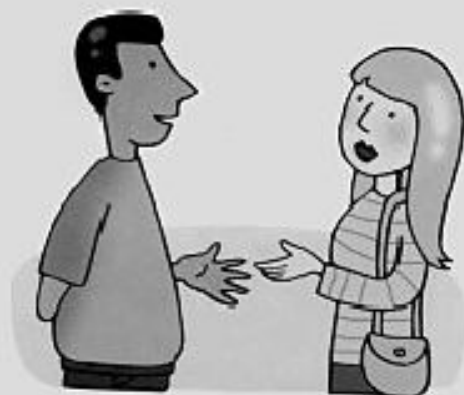
Jane: Hi, David. How are you?

David: Hello, Jane! I'm fine, thank you. And you?

Jane: I'm very well, thanks. David, this is my friend, Amy.

David: Hi, Amy. It's nice to meet you.

Amy: Nice to meet you too.



Paul: Good evening. I'm Paul. What's your name?

Susan: Hi, Paul, my name is Susan. Where are you from?

Paul: I'm from Brazil. What about you?

Susan: Oh, you're Brazilian. I'm from England.

Paul: How nice. My friend Cindy is British too.

## voc box

Track 1  
01:09

### Greetings



Good morning



Good afternoon



Good evening



Good night!

### How are you feeling?

How are you?

How is it going?

How are you doing?

How have you been?



Not bad.  
I'm great!



Not so good.  
I'm not doing well.



Things are ok.  
I'm all right.

- I'm from Brazil. → *I am from Brazil.*  
 What's your name? → *What is your name?*  
 She's Italian. → *She is Italian.*  
 He isn't Italian. → *He is not Italian.*  
 We're students. → *We are students.*  
 They aren't students. → *They are not students.*



Your turn! Complete the sentences with **am**, **is**, or **are**.

Joy, how \_\_\_\_\_  
you doing?

I \_\_\_\_\_  
doing all right.



This is my  
girlfriend, Taylor.  
She \_\_\_\_\_ from  
Canada.

It \_\_\_\_\_ nice  
to meet you.

It \_\_\_\_\_ a  
pleasure to  
meet you.



\_\_\_\_\_ you visiting?

No, I \_\_\_\_\_ not.  
Alex and I \_\_\_\_\_  
students at the  
university.



Where \_\_\_\_\_ your family?  
\_\_\_\_\_ they here?

No, they \_\_\_\_\_ not.  
They \_\_\_\_\_ in Canada.



# INTRODUCTIONS



**First name:** Peter  
**Last name:** Brock  
**Age:** 45  
**Hometown:** Chicago, USA  
**Hobbies:** Films, golf, jazz

*Hi! My name is Peter Brock. I'm 45 years old. I'm from Chicago, in the USA. I love films, golf, and jazz.*



**First name:** Cindy  
**Last name:** Taylor  
**Age:** 35  
**Hometown:** Liverpool, England  
**Hobbies:** Yoga

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**First name:** \_\_\_\_\_  
**Last name:** \_\_\_\_\_  
**Age:** \_\_\_\_\_  
**Hometown:** \_\_\_\_\_  
**Hobbies:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ..... exercises

### 1. Complete the dialogue below.

**Ann:** Hello, Richard. How \_\_\_\_\_ you?

**Richard:** \_\_\_\_\_, Ann. I'm \_\_\_\_\_, \_\_\_\_\_. And you?

**Ann:** \_\_\_\_\_ very well. This is my friend, Alice.

**Richard:** Nice to \_\_\_\_\_ you, Alice.

**Alice:** \_\_\_\_\_ too.

**Richard:** Where \_\_\_\_\_ you \_\_\_\_\_?

**Alice:** I'm from Rio de Janeiro. How \_\_\_\_\_ you?

**Richard:** I'm from Sydney, Australia.

**Alice:** Oh, you \_\_\_\_\_ Australian.

**Richard:** Yes. Excuse me, but I have to go, girls.

**Ann & Alice:** Ok! Bye, Richard.



2. Match the country with the nationality.

Country

1. Brazil

2. The United States

3. Germany

4. Mexico

5. Russia

6. Japan

7. Italy

8. Spain

9. Australia

10. South Korea



Nationality

( ) German

( ) Italian

( 1 ) Brazilian

( ) Spanish

( ) South Korean

( ) Russian

( ) Australian

( ) American

( ) Mexican

( ) Japanese

3. Complete each sentence like the example.

e.g.: *He is from Brazil.*

He is Brazilian.

a) They \_\_\_\_\_

They are Mexican.

c) She \_\_\_\_\_

She is German.

e) I \_\_\_\_\_

I am Spanish.

b) You \_\_\_\_\_

You are South Korean.

d) We \_\_\_\_\_

We are Brazilian.

f) I \_\_\_\_\_

I am American.

# The Alphabet

A a - /ei/



Ambulance

B b - /bi:/



Bell

C c - /si:/



Cat

D d - /di:/



Drum

E e - /i:/



E-mail

F f - /ef/



Fireworks

G g - /dʒi:/



Guitar

H h - /eitʃ/



Heart

I i - /ai/



Ice

J j - /dʒei/



Jet

K k - /kei/



Keys

L l - /el/



Lion

M m - /em/



Monkey

N n - /en/



Night

O o - /ou/



Owl

P p - /pi:/



Popcorn

Q q - /kju:/



Quiet

R r - /a:r/



Rain

S s - /es/



Snake

T t - /ti:/



Telephone

U u - /ju:/



Umbrella

V v - /vi:/



Violin

W w - /dʌblju:/



Water

X x - /eks/



X-ray

Y y - /uai/



Yes!

Z z - /zi:/zed/



Zipper



1 One planet



2 Two oceans



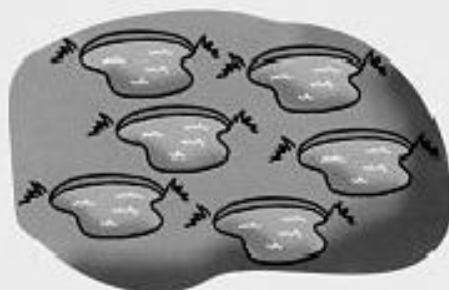
3 Three countries



4 Four states



5 Five continents



6 Six lakes



7 Seven mountains



8 Eight cities



9 Nine rivers



10 Ten islands



# Occupations & Age

..... conversation

Track 2  
00:10



*In the elevator...*

Henry: Excuse me, miss. Are you Brenda Collins?

Brenda: Yes. And you're Mark's friend, Henry.

Henry: That's right. I'm Henry Smith. What do you do, Ms. Collins?

Brenda: I'm a secretary here. What is your occupation?

Henry: I'm a dentist.

Brenda: How nice. Do you like your job?

Henry: Very much. How old are you, Brenda?

Brenda: I'm 22 years old.

Ann: Hey, Bill, who's that?

Bill: That teenager? That's Jose.

Ann: Where is he from?

Bill: He's from Madrid, Spain.

Ann: How old is he?

Bill: He is 16. What's your age?

Ann: How old am I? I'm 18. I'm a teenager too.



Carol: Hey, Peter! Who is that lady in the kitchen?

Peter: She's the housekeeper.

Carol: Oh, I see. And what's that?

Peter: That's my CD collection. And this is my CD player.



# Occupations



Doctor / physician



Nurse



Accountant



Engineer



Lawyer / attorney



Artist



Firefighter



Psychologist



Systems Analyst



Architect



News Anchor



Cook / chef



Plumber



Photographer



Singer



Real Estate Agent / broker



Hairdresser / barber

1. Look at each picture and read the sentences below.



This is my ball.



That is my school.



These are my books and those are my friends.

Your Turn! Complete the sentences.



\_\_\_\_\_ is an umbrella.



\_\_\_\_\_ are my sisters.



That \_\_\_\_\_ a cat.



\_\_\_\_\_ are pens.



These are \_\_\_\_\_.

2. This is David's address.



David lives **in**  
Denver, Colorado, USA.  
(city, state, country or region)



David lives **on** Pearl Street,  
Denver, Colorado, USA.  
(street or avenue)



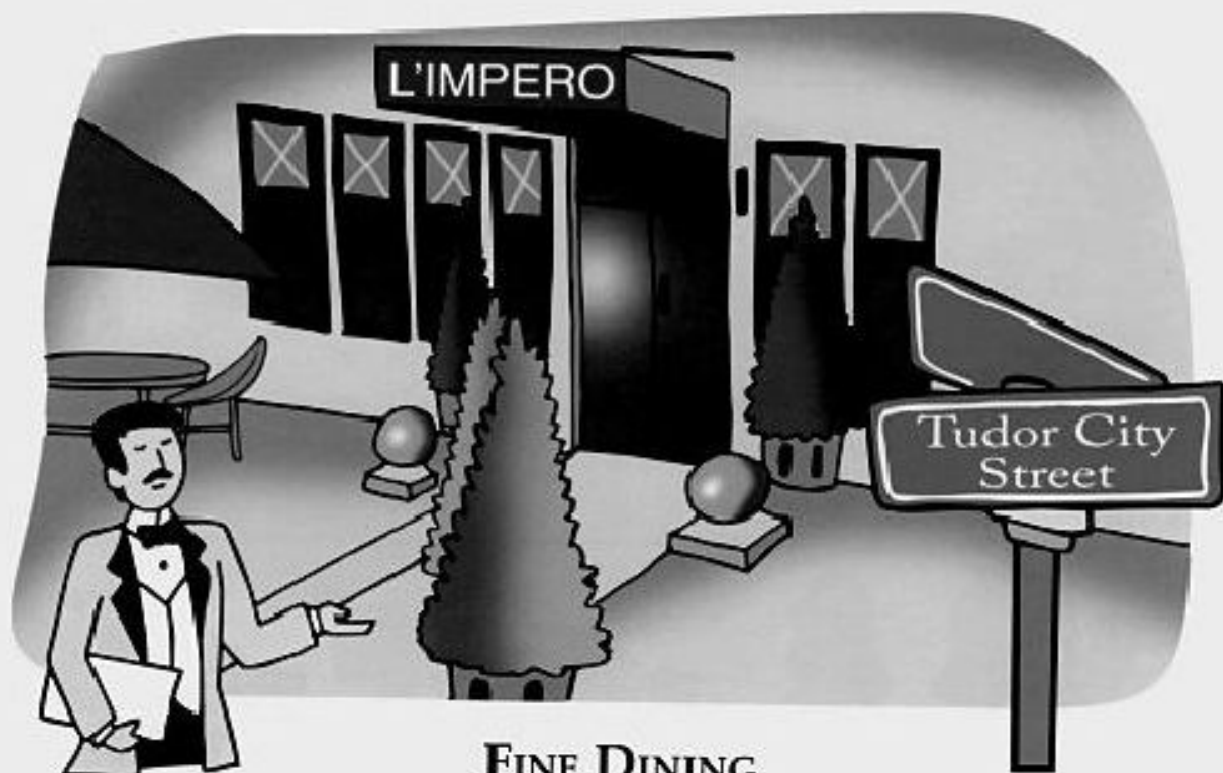
David lives **at** 1574 Pearl Street,  
Denver, Colorado, USA.  
(number)

Your Turn! Complete the sentences with **in**, **on**, or **at**.

My house is \_\_\_\_\_ 1165 Main Street, Boston, Massachusetts, USA.

Montblanc is \_\_\_\_\_ Madison Avenue, Manhattan, New York, USA.

My friend lives \_\_\_\_\_ New Zealand.



## FINE DINING

This is L'Impero, an Italian restaurant. It's on Tudor City Street, in Manhattan, New York. Spaghetti and other pasta are always on the menu. It's a great restaurant. It opens at 12 pm. Michael White is the chef at the restaurant. A nice dinner for two costs about US\$ 70.00.

## comprehension

What's the restaurant called? \_\_\_\_\_

Where is the restaurant? \_\_\_\_\_

What type of food is on the menu? \_\_\_\_\_

**What is your favorite restaurant?**

Name: \_\_\_\_\_

Type of food: \_\_\_\_\_

Address: \_\_\_\_\_

Opens at: \_\_\_\_\_

Closes at: \_\_\_\_\_

Price of a dinner for two: \$ \_\_\_\_\_

1. Match the question word with the correct sentence. Fill in the blanks where necessary.

Question Word	Sentence
1. Where	( ) are you an English student? "Because it's important for my job."
2. How	( ) is your favorite actor? "My favorite actor is _____."
3. Why	( 5 ) is your father? "He is 56 years old."
4. Who	( ) is John? "He is at school."
5. How old	( ) is his name? "It's George Hook."
6. What	( ) are you? "I _____."

2. Complete with *this*, *that*, *these*, or *those*.

e.g.: What are those? (distant)

- a) What are \_\_\_\_\_? (near)
- b) \_\_\_\_\_ is the sun.
- c) \_\_\_\_\_ are the stars.
- d) \_\_\_\_\_ is my friend, Jenny. (near)
- e) What's \_\_\_\_\_? (near)



3. Match the first part of the sentence with the correct ending.

- a) Mike lives at ( ) a nice neighborhood.
- b) My school is in ( e ) 56 Washington Avenue, New York.
- c) That Italian restaurant is on ( ) Main Street.
- d) Denver is in ( ) 790 North Sherman Street. He likes living there.
- e) The library is at ( ) that street. We play together after school.
- f) My friends live on ( ) the state of Colorado.
- g) John lives on ( ) Tudor City Street. He lives close to Carol.



# What's your favorite color?



Did you know that Uptime's official colors are Cardinal Red and Ocher Yellow?



## More numbers



11 eleven desks



12 twelve notebooks



13 thirteen pens



14 fourteen pencils



15 fifteen markers



16 sixteen erasers



17 seventeen colored pencils



18 eighteen pencil sharpeners



19 nineteen rulers



20 twenty sheets of paper

## Home &amp; Furniture

..... conversation

Track 3  
00:03

My name is Lucy Simon. I'm 12 years old.  
My father is a lawyer, and my mother is a saleswoman.

I live at 745 Walnut Street,  
in downtown Chicago – USA.  
This is my house. Come on in!

Sally: Hey, Lucy. Cool house!

Lucy: Thanks! Want a tour?

Sally: Sure.

Lucy: It's got a lot of rooms. This is my bedroom.  
It's small.

Sally: But it's nice. There are a lot of neat things in  
your bedroom!

Lucy: There is a bed<sup>1</sup>, a wardrobe<sup>2</sup>, an alarm  
clock<sup>3</sup>, and a desk<sup>4</sup>. On the bed there is a  
blue pillow<sup>5</sup> and a pink blanket<sup>6</sup>, my favorite  
colors!

Sally: I like your stereo<sup>7</sup>. The speakers are huge!

Lucy: I like to listen to loud music. Look. The  
curtains<sup>8</sup> are blue like my pillow. I also have  
a computer<sup>9</sup> and a poster<sup>10</sup> of my favorite  
singer.



BEDROOM

Sally: Sweet bedroom.

Lucy: Thanks! Let's go see the living room.

Sally: It's big.

Lucy: It's comfortable too. There's a coffee  
table<sup>1</sup>, a couch<sup>2</sup>, an armchair<sup>3</sup>, a TV<sup>4</sup>, a  
grandfather clock<sup>5</sup>, and a rug<sup>6</sup>.



LIVING ROOM

Sally: What else?

Lucy: There is a bathroom down the hall.

Sally: Is there a bathtub in there?

Lucy: No, but there is a shower<sup>1</sup>, a sink<sup>2</sup>, a mirror<sup>3</sup>, and a toilet<sup>4</sup>. And of course there is toilet paper<sup>5</sup>, toothbrushes<sup>6</sup>, toothpaste<sup>7</sup>, and towels<sup>8</sup>.

Sally: There's a towel on the floor.

Lucy: It looks dirty. Let's take it to the laundry room.

## BATHROOM

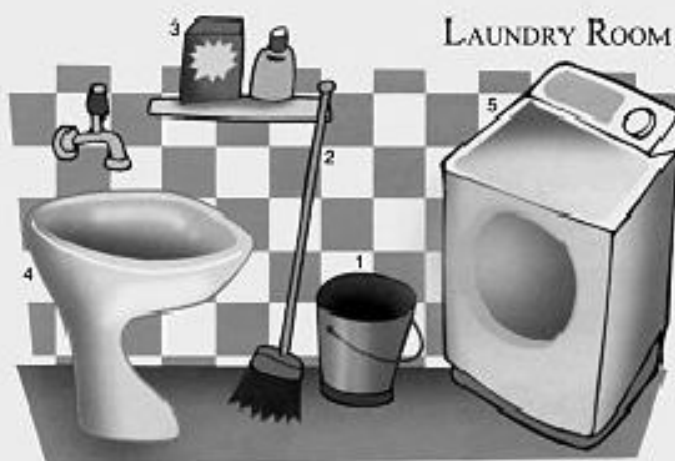


Sally: Where is it?

Lucy: In the backyard.

Sally: What is there in the laundry room?

Lucy: Cleaning supplies. There is a bucket<sup>1</sup>, a broom<sup>2</sup>, and laundry detergent<sup>3</sup>. There's also a sink<sup>4</sup> and a washing machine<sup>5</sup>.



## KITCHEN



Sally: I see. And where is your kitchen?  
I'm hungry!

Lucy: I'm hungry too. Come on, there are cookies in the kitchen!  
Our kitchen is pretty normal. There is a stove<sup>1</sup>, a refrigerator<sup>2</sup>, a dishwasher<sup>3</sup>, a sink<sup>4</sup> with two taps, a microwave oven<sup>5</sup>, a cupboard<sup>6</sup>, and an exhaust fan<sup>7</sup>.



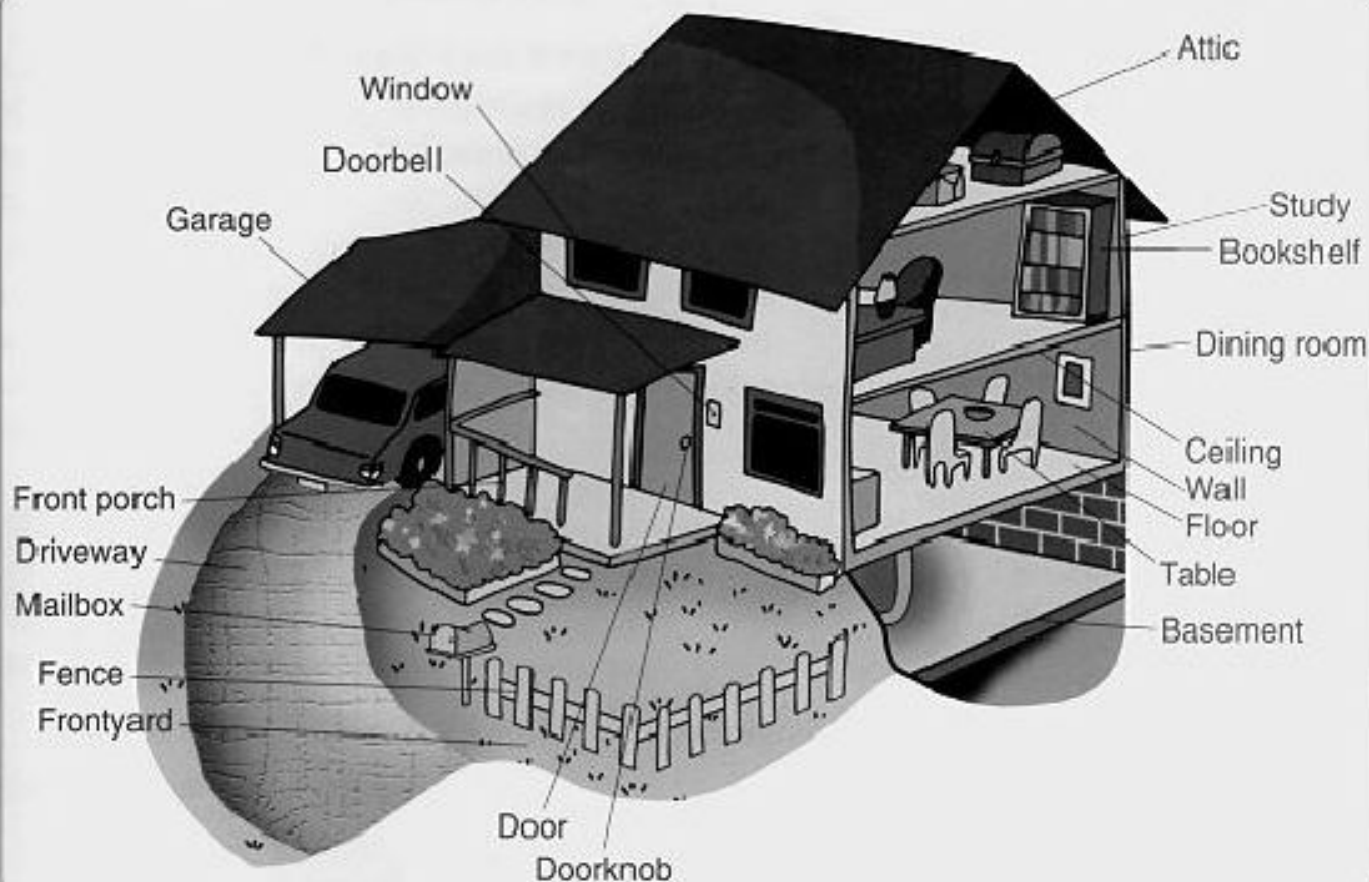
Sally: Mmmm...the cookies smell delicious.

Lucy: They just came out of the oven.  
They're still warm. Here you go!

Sally: These are awesome! Your mom is a good cook.

Outside

Inside



language interaction

Track 2  
01:49

1. Read the sentences below. What is in each room?

There is a bed.  
There are curtains.

Is there a bathtub in the bathroom?  
Are there cookies in the kitchen?

There isn't a bathtub in the kitchen.  
There aren't cookies in the bathroom.

Is there a couch in the living room?

- ( ) No, there isn't.  
( x ) Yes, there is.

Are there towels in the living room?

- ( ) Yes, there are.  
( ) No, there aren't.







Is there a washing machine in the kitchen?

( ) No, there isn't.

( ) Yes, there is.

Is there a sink in the kitchen?

( ) Yes, there is.

( ) No, there isn't.

Are there curtains in the bedroom?

( ) No, there aren't.

( ) Yes, there are.

Is there a wardrobe in the bedroom?

( ) Yes, there is.

( ) No, there isn't.



2. I can't find my glasses! Read each sentence below to know where the glasses are.



The glasses are in the briefcase.



The glasses are in front of the TV.



The glasses are behind the briefcase.



The glasses are on the TV set.



The glasses are next to the briefcase.



The glasses are under the address book.

Your turn! Answer the questions according to the picture below.

a) Where is the lamp?

b) Where are the glasses?

c) Where is the newspaper?



d) Where is the briefcase?

e) Where are the keys?

f) Where is the cell phone?



## HOMES.4.U REAL ESTATE AGENCY

### Large house for sale in L.A.

We have a beautiful house for sale this week! There are four bedrooms and two bathrooms on the second floor of this two-story house. There is a large, comfortable living room and a roomy kitchen on the first floor. The backyard<sup>1</sup> is big, with a beautiful garden, a tall tree<sup>2</sup>, and a swimming pool<sup>3</sup>. The roof<sup>4</sup> is gray, the door<sup>5</sup> is red, and the window shutters<sup>6</sup> are yellow. It is a great house for families with children!



### comprehension

What is there on the second floor of the house?

Describe what is in the backyard.

What color are the shutters?

Who is the house perfect for?

### exercises

#### 1. Describe your house or apartment.

2. Complete each sentence with *there is* or *there are* in the correct form.

e.g.: There is a car in the garage.

There isn't a bathtub in the living room.

Are there hotels in the city?

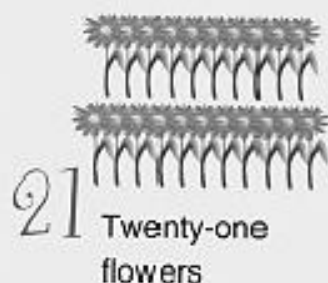
- a) \_\_\_\_\_ two chairs in the living room.  
 b) \_\_\_\_\_ a shower in the kitchen.  
 c) \_\_\_\_\_ cars on the street?  
 d) \_\_\_\_\_ a window in the room?

- e) \_\_\_\_\_ cookies in the bathroom.  
 f) \_\_\_\_\_ a park in the neighborhood.  
 g) \_\_\_\_\_ a tall tree in the backyard.  
 h) \_\_\_\_\_ stars in the sky.

curiosities

Track 2  
05-08

More numbers! Complete with the missing numbers.



# Routines & Habits

## conversation



Fiona: Brian, I hear you have a new job.

Brian: I do. I am a civil servant. I work for the government.

Fiona: What do you do in your new position?

Brian: I file income tax records, make phone calls, and hear lots of complaints.

Fiona: Do you work all day?

Brian: No, only in the afternoons. In the mornings I work out.

Fiona: Every morning?

Brian: For the most part. Almost every morning I wake up early, have breakfast, work out for two hours, and do my personal care routine to get ready for work.

Fiona: Do you eat lunch at home?

Brian: No, I eat at a restaurant near the government office. What about you, Fiona? What do you do?

Fiona: I take care of my children.



Brian: Do you like being a homemaker?

Fiona: I love it! My husband makes enough money to support the family, so I get to spend time with the kids.

Brian: What does your husband do?

Fiona: He's a judge. He works at the courthouse.

Brian: Does he send many criminals to prison?

Fiona: Yes, he does.

Brian: That's good. Well, I have to go. See you later.

Fiona: See you later, Brian.

## vocab



### Time Expressions

Every day  
Often  
On weekends  
Always  
Some mornings  
In the evening  
At nights  
Every time

Use **on** to talk about days of the week!



# Verbs to know



to eat



to read



to swim



to write



to have (money)



to shave



to repeat



to wash



to get (dressed)



to go to bed



to sleep



to wake up



to drive



to think



to watch (TV)



to drink



to do (the dishes)



to arrive



to leave



to take (a shower)



to listen (to music)



to play



to put (on make up)

Read and listen to the sentences below.



*Do they work at the club?  
No, they don't.  
Does she study Italian?  
No, she doesn't.*

*They don't work at the club.  
She doesn't study Italian.*



**Your turn!** Complete the chart below.

I	play soccer.
You	
We	
They	

He	_____ soccer.
She	
It	





## MEET BRENDA KELLEHER!

Brenda Kelleher is a teacher. She is 25 years old. She teaches math<sup>1</sup> at the public school in her neighborhood. Every day she gets up early, brushes her teeth<sup>2</sup>, takes a shower, and combs her hair. Then, she eats breakfast<sup>3</sup>, puts on her make up, and goes to work. Brenda doesn't have a car, so she takes the bus to work<sup>4</sup>. She teaches for about 7 hours. At 3 o'clock she goes back home<sup>5</sup>. She prepares dinner at 6 pm.

## comprehension

Is Brenda a secretary? \_\_\_\_\_

What is Brenda's occupation? \_\_\_\_\_

Where does she work? \_\_\_\_\_

How does she get to work every day? \_\_\_\_\_

How old is Brenda? \_\_\_\_\_

What does Brenda do after she eats breakfast? \_\_\_\_\_

Does she work at night? \_\_\_\_\_

When does she work? \_\_\_\_\_

What does she do after teaching math? \_\_\_\_\_

**1. In complete sentences, answer the questions about yourself.**

- a) What is your name? \_\_\_\_\_
- b) How old are you? \_\_\_\_\_
- c) What do you do? \_\_\_\_\_
- d) How do you get to work/school? \_\_\_\_\_
- e) What do you do after breakfast? \_\_\_\_\_
- f) Where do you have lunch? \_\_\_\_\_
- g) What do you eat for dinner? \_\_\_\_\_
- h) How many hours a night do you sleep? \_\_\_\_\_



**2. Describe your daily routine.**

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**3. Fill in the blanks using the verbs in parentheses.**

Drew \_\_\_\_\_ (to be) an engineer. He \_\_\_\_\_ (to live) with his friend in a flat downtown. His friend's name \_\_\_\_\_ (to be) Janet. They \_\_\_\_\_ (to wake up) early every morning. Janet \_\_\_\_\_ (to take) a bath and \_\_\_\_\_ (to prepare) breakfast. Drew \_\_\_\_\_ (to wash) his face and \_\_\_\_\_ (to read) the newspaper. After they \_\_\_\_\_ (to have) breakfast, Drew \_\_\_\_\_ (to drive) Janet to the University because she \_\_\_\_\_ (to have - negative) a car. Then he \_\_\_\_\_ (to go) to work. He \_\_\_\_\_ (to work) from 9 am to 6 pm. At night, they \_\_\_\_\_ (to meet) at a restaurant to have dinner. Then they \_\_\_\_\_ (to go) home, \_\_\_\_\_ (to brush) their teeth, and \_\_\_\_\_ (to go) to bed.

## Months



Use *in* to talk  
about months!

## Meals



Breakfast



Lunch



Dinner



Snack

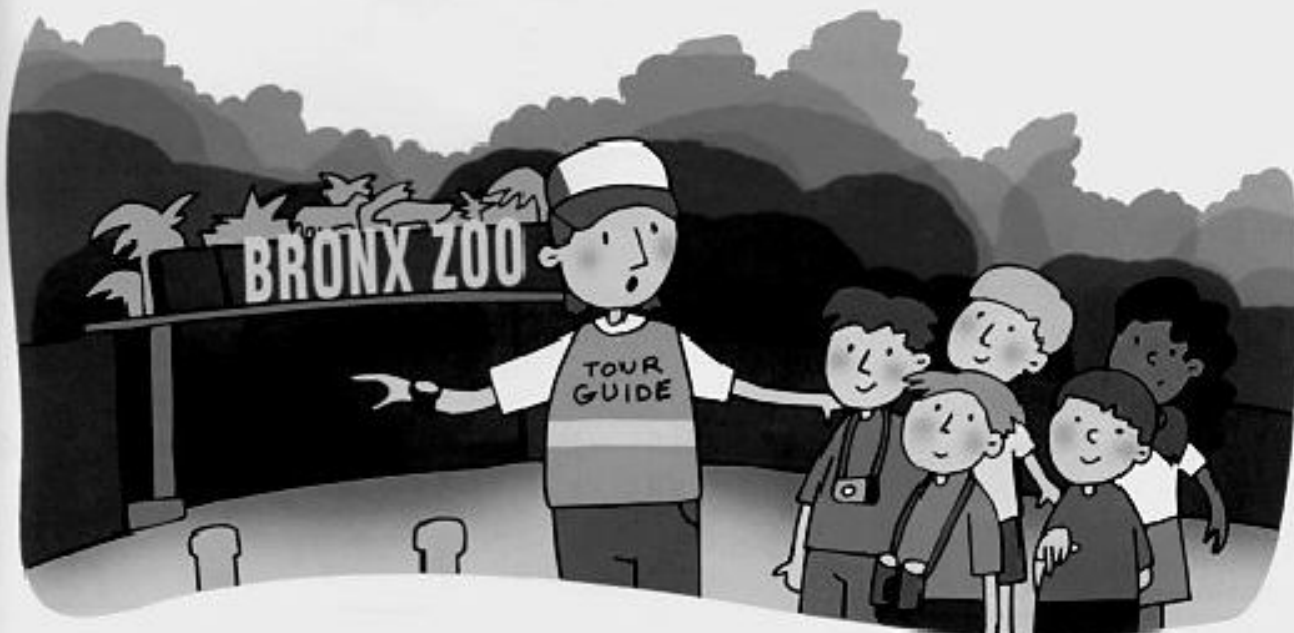


Supper

# Animals & Time

..... conversation

Track 5  
00:00



**Tour guide:** Welcome to the Bronx Zoo! Gather around, kids! It's 9:50 am, almost time to start the tour.

**Tommy:** Ooooh, what a weird lizard!

**Tour guide:** That's an iguana<sup>1</sup>, Tommy.

**Tommy:** What does it like to eat?

**Tour guide:** It is a herbivore. It eats flowers<sup>2</sup>, leaves<sup>3</sup>, and fruits<sup>4</sup>. Iguanas like to live near trees<sup>5</sup> and water<sup>6</sup>.

**Tommy:** Do they climb trees?

**Tour guide:** It's their specialty. And if a predator attacks, the iguana runs very quickly or dives into the water and swims away.

**Tommy:** Sweet! What a cool lizard!

**Bonnie:** I don't like lizards. They're gross! But I like dolphins<sup>7</sup>. They're beautiful fish!

**Tour guide:** They're not fish, Bonnie. They are mammals.

**Bonnie:** Oh, yeah. I knew that. What are they like?

**Tour guide:** Dolphins are very intelligent animals. They have excellent hearing and vision, and they talk to each other in their own special way.

**Bonnie:** I didn't know that! Do they have teeth?

**Tour guide:** Yes, about two hundred and fifty of them.

**Bonnie:** But they're friendly, right?

**Tour guide:** Sure. That's why they're so easy to train. And do you know how they sleep?

**Children:** Uh-uh...



**Tour guide:** They take short naps... with one half of their brain at a time! So one side of their brain sleeps while the other side stays awake.

**Bonnie:** Wow, that's crazy!

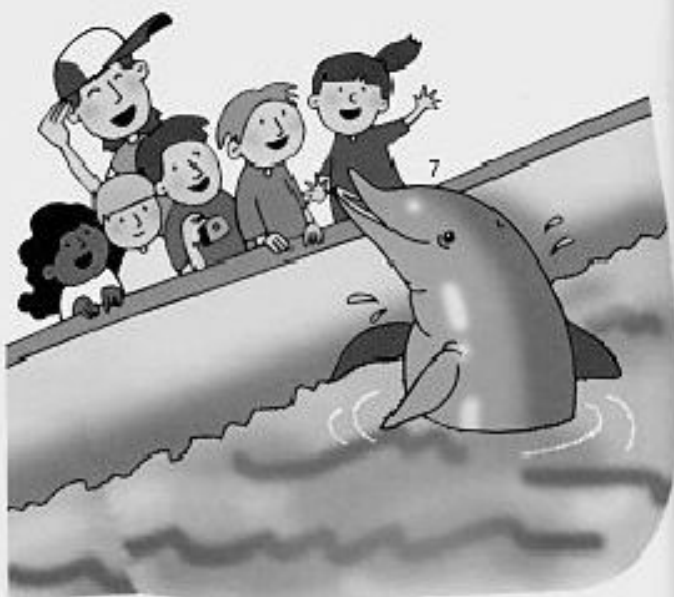
**Tommy:** Hey, look. There's your mom, Bonnie.

**Bonnie:** Is the field trip over already?

**Tour guide:** 4 o'clock sharp! Time to end the tour.

**Children:** Awww...

**Tour guide:** You don't have to go home, but you can't stay here! Thanks for coming, kiddies. Come back again!



## voc box

Track 5  
02:22

### Animals



Peacock



Sheep



Shark



Tiger



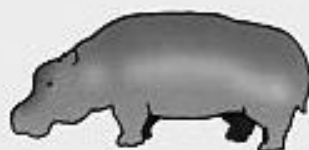
Rabbit



Horse



Bird



Hippopotamus



Rhinoceros



Turtle



Cow



Gorilla



1. Read the questions about the animals below.



What is the zebra like?

*It's black and white. It has a long tail and a beautiful mane.*

What does the zebra like?

*It likes grass and likes to run in the wild.*

**Your turn!** Match the columns below.

1. What does it like? (2) It is gray and 4 feet long.

2. What is it like? (1) It likes to eat small fish.



1. What does it like? ( ) It likes flowers, fruits, and leaves.

2. What is it like? ( ) It's green and small. It has spikes on its back.

1. What does it like? ( ) It is big and yellow. It has a beautiful mane.

2. What is it like? ( ) It likes to eat meat and play in the wild.



2. Observe the clocks below.



6:00 It's six o'clock.



7:10 It's ten past seven.



8:40 It's twenty to nine.

**Your turn!** Complete the table below with the missing times.

11:05

It's five past eleven.

11:25

11:50

It's ten to twelve.

11:45

9:00

It's \_\_\_\_\_

11:55

It's five to noon.

5:20

6:30

It's six thirty.

10:15

It's a quarter past ten.

1:00

7:56

It's seven fifty-six.

4:40



## AT THE ZOO

Jason is a zookeeper<sup>1</sup> at the San Diego Zoo. His day starts early in the morning and ends late in the afternoon. At seven o'clock in the morning (7:00 am), he feeds the elephants<sup>2</sup>. They are fat and heavy. They like to play in the water and eat grass.

Then, at half past eight (8:30 am), Jason gives the bears<sup>3</sup> fish and fruit. There is one animal that doesn't need help: the giraffes<sup>4</sup>. They have long necks, so they can reach leaves from the top of tall trees. The lions<sup>5</sup> are the main attraction. They are meat eaters, so Jason is careful not to fall into their cage!

At noon (12 pm), it is Jason's turn to eat. At a quarter past one (1:15 pm), he cleans the cages. Jason's day is over at a quarter to six (5:45 pm), and he goes home to rest for the evening.

## comprehension

What do elephants like? \_\_\_\_\_

What are elephants like? \_\_\_\_\_

Where do giraffes get their food? \_\_\_\_\_

What time does Jason have lunch? \_\_\_\_\_

What do bears have for breakfast? \_\_\_\_\_

What do you have for breakfast? \_\_\_\_\_

# 1. What do the people in the pictures do at each time?



e.g.: 6:00 am She sleeps.

- a) 8:00 am \_\_\_\_\_
- b) 8:45 am \_\_\_\_\_
- c) 9:30 am \_\_\_\_\_
- d) 11:00 am \_\_\_\_\_
- e) 12:00 pm \_\_\_\_\_
- f) 2:00 pm \_\_\_\_\_
- g) 6:15 pm \_\_\_\_\_
- h) 10:00 pm \_\_\_\_\_



## 2. Match the animal to the correct part.

### Animal

- \_\_\_ Dog
- \_\_\_ Lion
- \_\_\_ Bird
- \_\_\_ Elephant
- \_\_\_ Horse
- \_\_\_ Shark

### Part



a) beak



b) fin



c) mane



d) tail



e) paw



f) trunk

## 3. Fill in the blanks and match the columns. Follow the example.

1. \_\_\_\_\_ you speak French? ( ) No, He \_\_\_\_\_. He \_\_\_\_\_ rock and roll.
2. \_\_\_\_\_ your mother work in the mornings? ( 4 ) No, they don't. They live in the water.
3. \_\_\_\_\_ iguanas eat insects? ( ) No, they \_\_\_\_\_. They run very quickly.
4. Do hippos live on land? ( ) No, I \_\_\_\_\_. I study English.
5. \_\_\_\_\_ iguanas slow animals? ( ) No. It isn't. It \_\_\_\_\_ on the shelf.
6. \_\_\_\_\_ your book in your backpack? ( ) No, she \_\_\_\_\_. She works in the afternoon.
7. \_\_\_\_\_ Mick Jagger play country music? ( ) No, they \_\_\_\_\_. They eat fruits and plants.

# Things animals do



Eagles fly



Snakes crawl



Bees sting



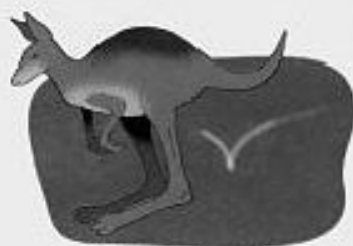
Alligators bite



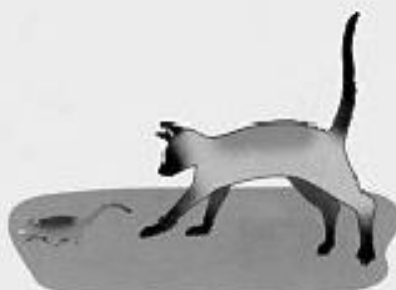
Roosters crow



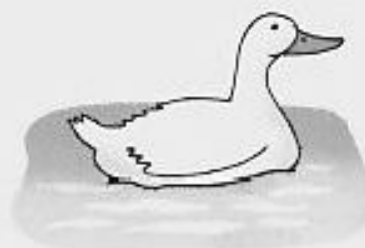
Pigs roll around



Kangaroos hop



Cats chase



Ducks swim

## What other animals do these things?

fly

crawl

sting

bite

crow

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

roll around

hop

chase

swim

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Food & Kitchen

## conversation



At the steak house...

Waitress: Good evening. Are you guys ready to order?

David: I think so. Edith, why don't you start?

Edith: All right. I'll have the sirloin steak, please. Does it come with garlic rice?

Waitress: Yes, madam, and a side of fries. How would you like your steak cooked? Rare, medium rare, medium well, or well-done?

Edith: Well-done, please.

Waitress: Ok, and for you, sir?

Carson: Skip me. I can't decide what I'm in the mood for.

David: I know what I want: the ham and Swiss cheese sandwich, please. With onions, but no lettuce or tomatoes.

Waitress: Would you like mayonnaise on that?

David: I prefer it on the side, please.

Waitress: Sure, I'll let the chef know. And you, sir? Are you ready now?

Carson: I'm stuck between the bacon cheeseburger and the pasta Alfredo.

Waitress: If I may make a suggestion, our burgers are the best in town.

Carson: Then I'll go with the bacon cheeseburger! With ketchup and mustard, please.

Waitress: And what can I bring you all to drink?

David: I want a lemonade. No ice, please.

Carson: Diet soda for me.

Edith: Make it two!

Waitress: No problem. I'll be back shortly with your beverages. drinks

Later...

Waitress: Can I bring you all some dessert?

Edith: Thank you, but there's no room left! We'll take the check please. Can you split it for us?

Carson: Oh, no. This one's on me.

David: In that case, I'll take care of the tip.





# Opposite Adjectives



Tall Short



Beautiful Ugly



Strong Weak



Hot Cold



Expensive Cheap



Fast Slow



Good



Bad



Difficult Easy



Rich



Poor



Full Empty



Old Young



Happy



Sad



Big



Small



Thin



Fat

1. Look at the pictures and read the sentences below.



Are there any flowers in the vase?



Yes! There are some flowers in the vase!



No. There aren't any flowers in the vase.  
or  
No. There are no flowers in the vase.

Your turn! Complete the sentences in the boxes with **any**, **some**, or **no**.



Are there any cookies in the jar?



Yes! There are some cookies in the jar.



No. There aren't any cookies in the jar.  
or  
No. There are no cookies in the jar.



Is there any food in the fridge?



Yes! There is some food in the fridge?



No. There isn't any food in the fridge.  
or  
No. There is no food in the fridge.

2. Read the paragraph below. Pay attention to the underlined words!

Articles (singular or plural) → specific info

There is a cat in my neighborhood. It has an excellent appetite. The cat is very friendly and likes to play with a little girl. The little girl lives across the street from my house. She gives the cat a bowl of milk every morning.



a / am → singular (general info)

Your turn! Complete the paragraph below.

There is an excellent restaurant near my office. The restaurant is usually very busy. Nancy is a waitress. She is the waitress at the restaurant near my office. Nancy has a cat. The cat likes to walk around the city. Nancy thinks it has many friends. She is right. The cat and my neighbor are good friends.



a restaurant → general / The Robertino Restaurant

reading

Track 6

(specific)

These are the books that I study. (plural)

This is a book. (general)

This is the lifeline book.

(specific)



## HEALTH & NUTRITION

It's important to read the nutrition facts label<sup>1</sup> on the products we buy. It tells us if the food is good or bad for our health. Healthy food is low in cholesterol, sugar, salt, and fat. If you want to have a healthy diet, avoid hamburgers<sup>2</sup>, ice cream<sup>3</sup>, and fatty soups<sup>4</sup>. Eat vegetables, like tomatoes<sup>5</sup>, lettuce<sup>6</sup>, peas<sup>7</sup>, carrots<sup>8</sup>, and corn<sup>9</sup>. Fruits and grains are

also important! Bananas<sup>10</sup>, oranges<sup>11</sup>, and apples<sup>12</sup> are delicious and rich in vitamins. And don't forget cereal<sup>13</sup> and whole-wheat bread<sup>14</sup>. Both are great sources of fiber.

## comprehension

- ✓ According to the text, what is important in a healthy diet? According to the text, it's important to eat vegetables, fruits, grains and avoid fat food, salt, sugar.
- ✓ Do you read the nutrition facts label of the products you buy? Why or why not? I don't, because I don't have time to see product by product.
- ✓ Does your diet include a lot of sugar, salt, and fat? I custom eat two things on the weekend, but sometimes on the week too.
- ✓ What can you do to improve your diet? I need to eat more fiber, water, take more water and avoid soda.

a → "consonant" sound  
an → "vowel" sound  
(a, e, i, o, u)

1. Complete with **a** or **an**.

e.g.: a book      a car      a dog

a horse      an hour      an elephant      an Indian

a university

a unicorn

a unit

"uni = you"

a teaspoon ✓

an honor ✓

a baby ✓

a house ✓

an alien ✓

a truck ✓

a cell phone ✓

a boat ✓

a unicorn ✓

an American ✓

a bottle opener ✓

an iron ✓

a hoagie ✓

a girl ✓

an island ✓

an eagle ✓

2. Complete with **some**, **any**, or **no**.

e.g.: There aren't any stars in the sky today.

a) I have some magazines on my desk. ✓

b) There aren't any pillows in this room. ✓

c) I don't know any good restaurants around here. ✓

d) There's no water in the bucket. We need some. ✓

e) Does she speak any other language? ✓

f) Dave doesn't eat any kind of vegetable. ✓

g) They have some nice paintings at the Museum. ✓

h) Those kids have no food at home. They're hungry. ✓

i) Do we have any money here? ✓

j) There are no drawers in this closet. That's strange. ✓



3. Imagine you're in a restaurant. What would you answer the waiter?

Waiter: Good evening, sir/madam. Are you ready to order?

You: Good evening, yes, I am ✓

Waiter: What will you have?

You: I'll have a salad. ✓

Waiter: What would you like to drink?

You: I want a juice apple. ✓

Waiter: Anything else?

You: Sure, I would like dessert. A can be ice cream. ✓

## Vegetables



Broccoli



Green  
peppers



Spinach

## Meats



Steak



Pork



Chicken



Fish

## Dairy



Milk



Butter



Cheese



Yogurt

## Fruits



Strawberry



Grapes



Pineapple



Watermelon



Pear

## Kitchenware



Silverware



Spoon



Fork



Knife



Pot / pan



Frying pan



Pitcher / jar



Plate



Glass



Mug



Bowl



Napkin



# Sightseeing & Shopping

..... conversation

Track 7  
00:10



Mary: John, what do you think about going to Chicago on our vacation? I hear the city is beautiful this time of year.

John: That's a great idea, Mary! Let's call Albert at the travel agency. I don't think a trip like that is expensive.

*In Chicago...*

Mary: Wow! There are so many things to see and do in this big city.

John: I don't know, Mary, we are walking and walking and I still don't see the Hampton Inn.

Mary: It is taking a long time to get there. I think we're lost.

John: Lost? No way! I know how to get there. Hand me the map. Man, this city is confusing! Where are we?

Mary: Look, a policeman. We can ask him for directions. Excuse me, officer?

Policeman: Yes? Do you need some help?

Mary: Can you tell us how to get to the Hampton Inn?

Policeman: Oh, sure. It's not far from here. Go straight up this street and hang a left at the traffic light. That's Michigan Street. Then, take your first right and walk two more blocks. That's West Monroe Street, where the hotel is.

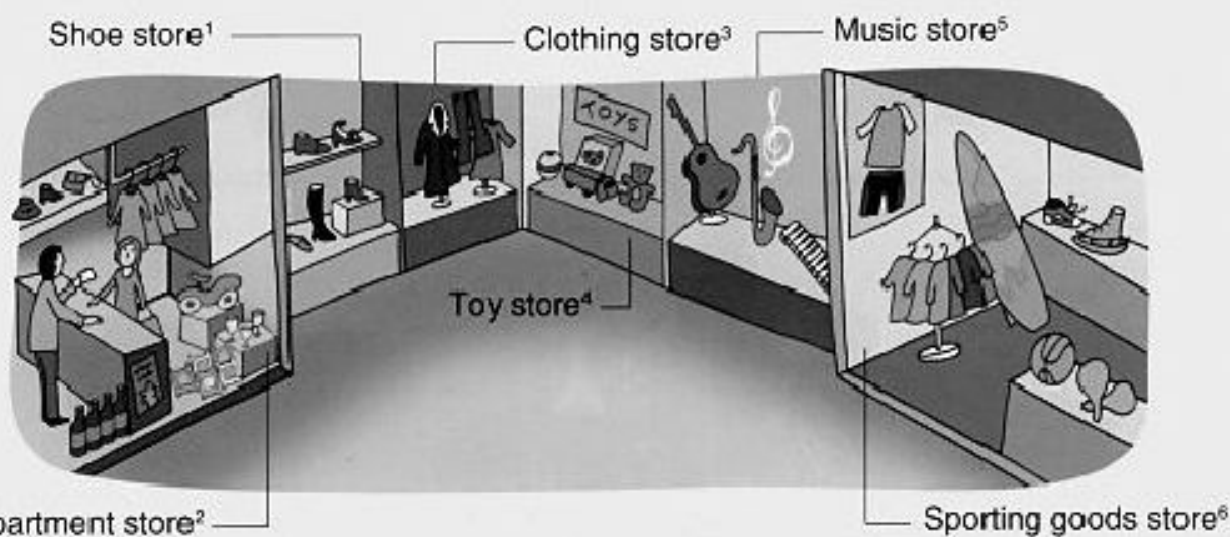
Mary: Got it. Thank you, officer. You're a big help!

Policeman: No problem, ma'am. That's what I'm here for. Have a great day, and enjoy your stay.

John: Once we find the hotel, let's rent a car. I'm tired of walking. I can't wait to go sightseeing.

Mary: Me either! There are tons of sights to visit.

# Stores found in a mall



## Words to know



to shop



Fitting room



Food court



Half-off



Discount



Sale



Price tag



to spend



Coupon



Deal

# 1. Listen to the following dialogue.

**John:** How many **blocks** until we get to the hotel?  
**Mary:** Not many, I hope. At least we don't have a lot of **luggage**.  
**John:** It's not much **luggage**, but it's very heavy.

**Mary:** John, how much **money** do we have?  
**John:** We only have a few **dollars** for lunch.  
**Mary:** Let's hurry. There's little **time** until the show.  
**John:** We'll make it. I see lots of **restaurants** nearby.

## Countable

Blocks  
Dollars

## Uncountable

Luggage  
Money  
Time

Your turn! Write *much*, *many*, *little*, *few*, *a lot of*, and *lots of* in the correct category below.

Countable	Uncountable	Both
many few	much little	a lot of lots of plenty of

## A DAY AT THE MALL

Billy White takes his family to the mall. There are plenty of stores, and they see many different things. At the pet shop<sup>1</sup>, they see a few dogs<sup>2</sup> barking and playing. There is also a talking parrot<sup>3</sup>! At the electronics store, Mrs. White sees a TV she wants to buy for the family. Billy asks the salesman<sup>4</sup>, "How much does the TV cost?" The salesman answers, "That TV is \$2,300, sir."

Billy is astonished! "That is a lot of money, honey," he says. "Besides, the kids are happy with their presents<sup>5</sup>. How about some ice-cream instead?" The children like the idea. They all scream, "Yeah, daddy, let's go!"



What kind of things do they see at the mall? They see few dogs at the pet shop, see a TV at the electronics store.

What kind of things do you like to do at the mall? I like buy clothes and shoes, eat meals with my friends.

What does Mrs. White want to buy? She wants to buy a TV for the family.

Who wants ice cream? The kids

exercises

1. Choose the best option to complete the sentences.

- a) Carl, we need to do some work for Mr. Gardner's writing class. (few/many/some)
- b) I know. We have little time before the deadline. (many/little/few)
- c) How much do we have done? (much/lots of/many)
- d) We have a some sentences. (little/few/some)
- e) Do we have any complete paragraphs? (much/few/any)
- f) No, but I have some good ideas to connect these sentences. (few/some/much)
- g) Well, let's start. There's a lot of work to do. (a lot of/many/no)
- h) And we only have a few hours to work together this afternoon. (lots of/little/few)



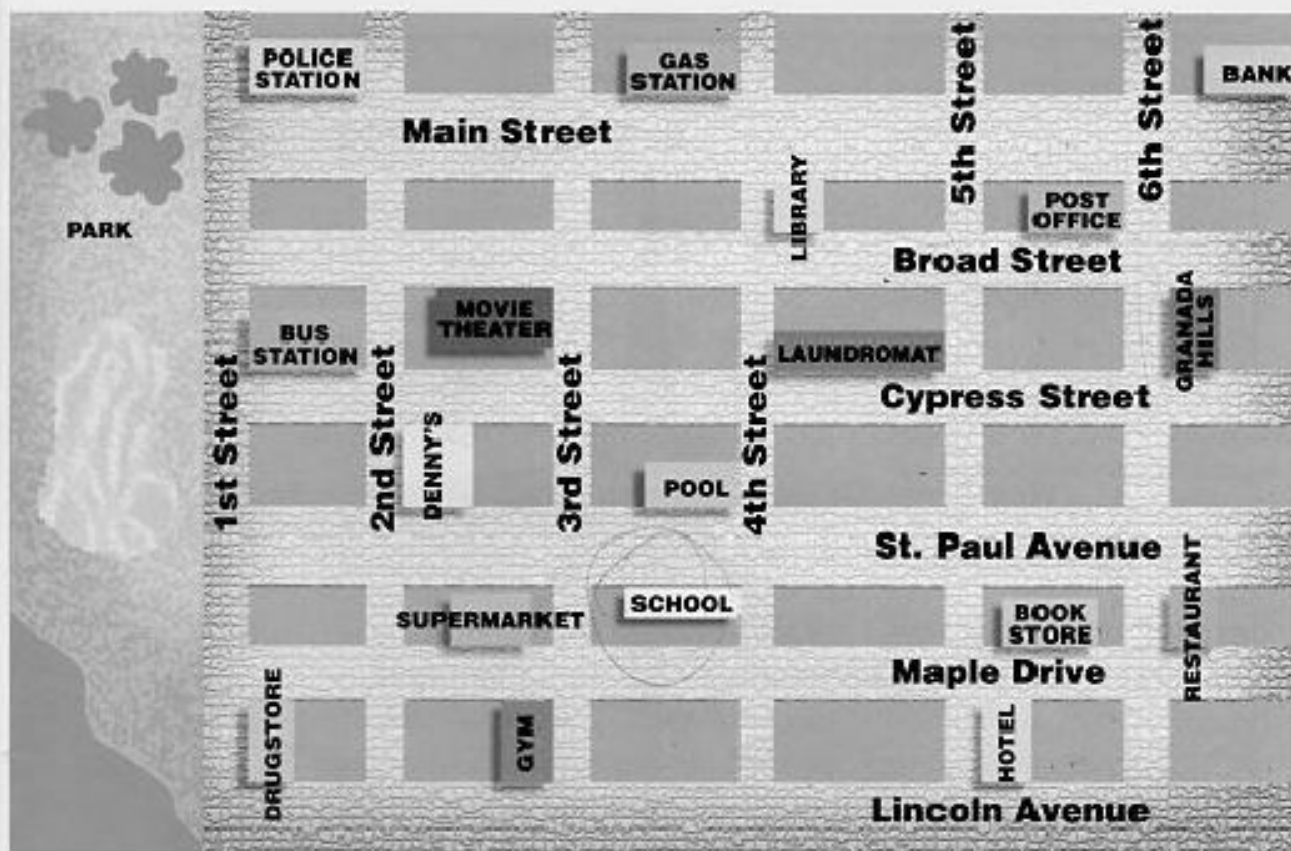
2. Complete with **much, many, few, little, a lot of, or lots of.**

- a) Poor boy. He doesn't have a lot of friends.
- b) How many eggs are in the fridge?
- c) I don't have much money. I can not go to the movies.
- d) How much Pepsi do you want?
- e) The band has lots of good songs. They're very talented.
- f) There is little water in the jug. We need more.
- g) How many siblings does Lucy have?
- h) I only have a few dollars in my bank account.
- i) How much time do we have before lunch?





3. Use the map to answer the questions below. Use the expressions in the box to help you.



Turn left/right on \_\_\_\_ Ave.

Go two blocks and....

Go up/down \_\_\_\_ Street and...

e.g.: How do I get from the laundromat to the supermarket?

*Go down Fourth Street. Turn right on Maple Dr. and go down one block. It's on your right.*

a) I'm at the bus station. How do I get to the bank?

*Go straight by Cypress Street until 6th street and turn left. Go to the end on the right side of the sidewalk.*

b) From the bank, what do I need to do to get to the school?

*Go straight by Main Street and turn left in the 3rd Street. Go until the St. Paul Avenue*

c) How many blocks are there between the gym and the movie theater?

*Two blocks*

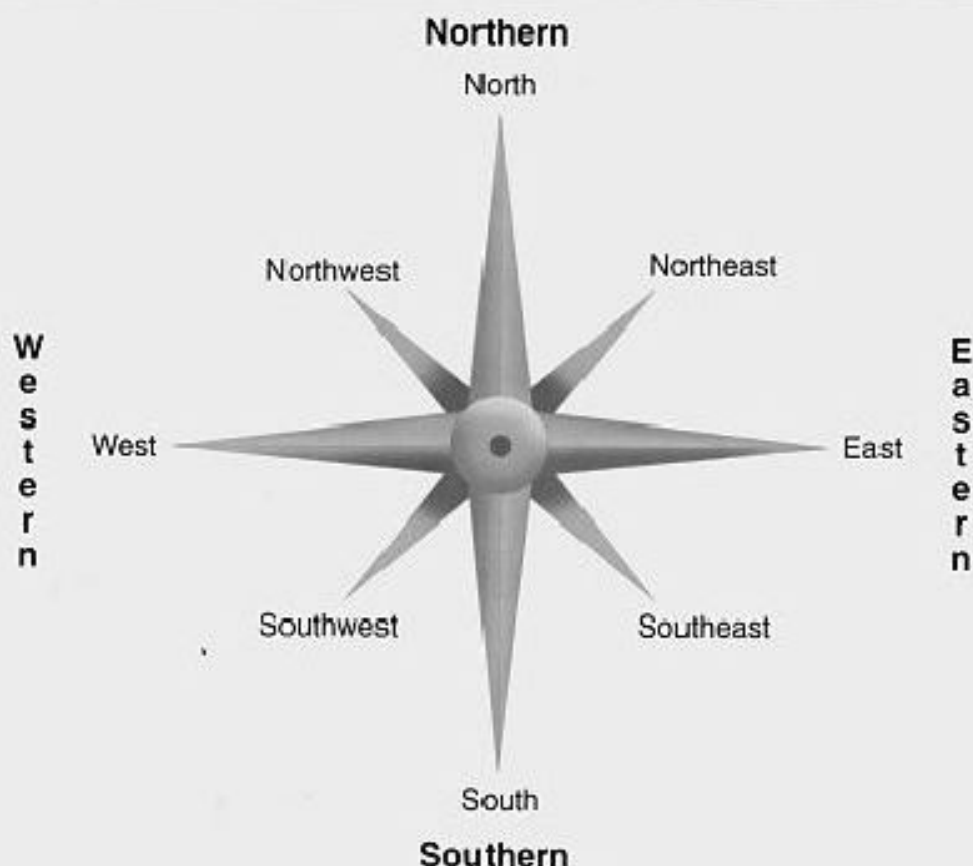
d) Denny's is three blocks from Granada Hills.

e) I'm at the school now. How do I get to the police station?

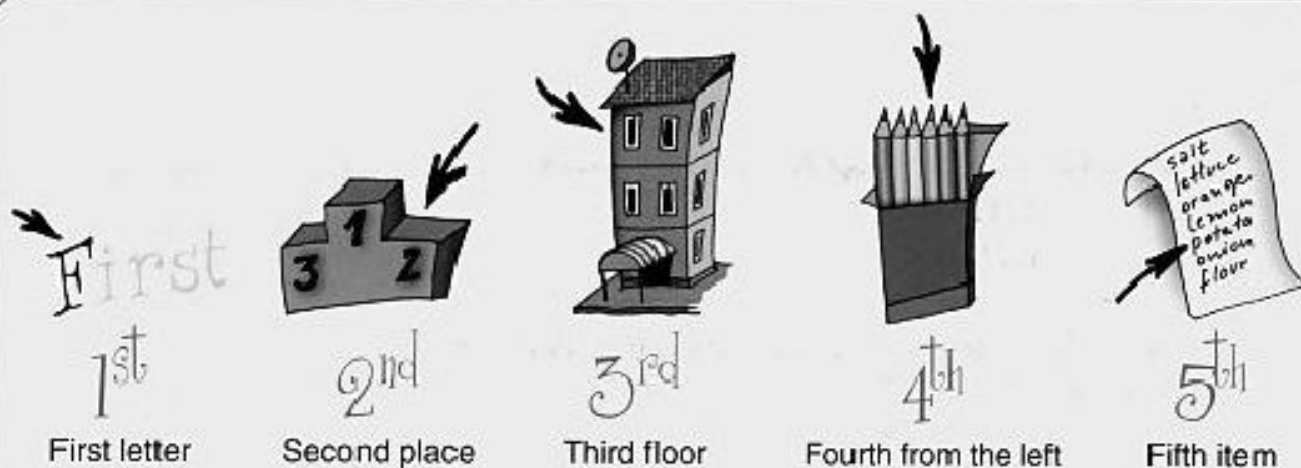
*Go straight by St. Paul Avenue until the 1st Street. Turn right and go until the end.*



# Cardinal directions: points of the compass



## Ordinal numbers



For other numbers, add "th" at the end!

Sixth   Seventh   Eighth   Ninth   Tenth   Eleventh   Twelfth   Thirteenth  
Fourteenth   Fifteenth   Sixteenth   Seventeenth   Eighteenth   Nineteenth   Twentieth

### conversation



*\*ring\*ring\**

**Secretary:** Good morning. Cypress Engineering.  
Melinda speaking.

**Mr. Hartman:** I'd like to speak to Mr. Peterson, please.

**Secretary:** I'm sorry, but Mr. Peterson is not available at the moment. Would you like to leave him a message?

**Mr. Hartman:** Yes. This is Mr. Hartman calling about the fax machine that is still not working. I'd like an explanation for the delay!

**Secretary:** I apologize for the inconvenience, Mr. Hartman. We are doing our best to fix it as soon as possible.

**Mr. Hartman:** Thanks, Melinda.

**Secretary:** Does Mr. Peterson have your number?

**Mr. Hartman:** I think so, but jot it down just in case. It's 514-9334.

**Secretary:** Ok, that's 514-9334, area code 804?

**Mr. Hartman:** That's right. I appreciate your help, Melinda.

**Secretary:** Anytime, Mr. Hartman.

*\*ring\*ring\**

**Rose:** Hello?

**Todd:** Hello. This is Todd. May I speak with Rose, please?

**Rose:** This is she. What's up, Todd?

**Todd:** I'm getting ready for that math test. What are you up to?

**Rose:** I'm knitting a shirt for my sister. It's her birthday tomorrow.

**Todd:** That's nice. I'm stuck on this math problem. Your brother's good at math. Is he around?

**Rose:** He's around here somewhere. Let me check. He's outside washing the car.

**Todd:** Shoot, I guess I'm out of luck, then.

**Rose:** Why don't you come over in about an hour, and we can study together?

**Todd:** Thanks, Rose. You are doing me a big favor.

**Rose:** It's not a problem. But I got to go now. I'm in a hurry to finish this shirt! See you later, Todd.

**Todd:** Later!



\*ring\*ring\*

Operator: Operator.

Caller: Hello, operator? I'd like to place a collect call to Greensboro, please.

Operator: Phone number, please, starting with the area code.

Caller: Area (336) 262-7410.

Operator: Thank you. Please identify yourself after the beep.

\*beep\*

Caller: Cal Donahue.

Operator: Thank you. Stay on the line while I put you through.



v o c a b

Track 8  
02-41

### Asking for someone



Hello, may I speak with Amy?

Hi, I'm calling for Amy. Is she/he there?

May I ask who is speaking?

I'd like to talk to Amy, please.

### Answering a call



This is Red?

Just a moment, please.

He is not in right now.

May I take a message?

Would you like to leave a message?

May I ask who's calling?

Who's speaking, please?

### Hanging up



Will you let her know I called, please?

Tell her Steve called, please.

I have to go now.

Talk to you later!

Thanks for calling.

Thanks for your help.

Read and listen. What are John and Susan doing right now?

John is a doctor. He works at St. Paul Hospital. Today is Sunday. Is he working now? No, he isn't. He is playing soccer.



Susan is a student. She studies at Madison Elementary School from 8:30 am to 4:00 pm. It's 7:00 pm. She is not studying now. She's watching TV with her dad.

Your turn! Complete the charts below.

**Affirmative**

He	is working right now.
She	
It	

**Negative**

We	are not working right now.
You	
They	

**Interrogative**

Am	I	working at the moment?
Is	He	
Are	We	

## HOUSECLEANING

Debbie is helping her family clean the house. There is a lot of work to do, so everybody has chores. Her mom is cleaning the windows<sup>1</sup> and mopping the floors. Her teenage sister, Betty, is tidying up her room<sup>2</sup>. It's taking her a long time because she's procrastinating. Betty is the lazy one of the family. Her brother, Luke, is in the front yard mowing the lawn<sup>3</sup>. Debbie's job is to organize the pantry<sup>4</sup> and dust the furniture. What about her dad<sup>5</sup>? What is he doing?



## comprehension

Is Debbie studying right now? Why or why not? No, she isn't. Because she is organizing the pantry.

Does Debbie's family have a housekeeper? How do you know that? No, Debbie's family doesn't. I know 'cause they're doing the house cleaning.

What is her dad doing at the moment? Her dad is cleaning the bathroom.

What is Betty doing right now? She's talking on the cellphone with someone.

What do you think your best friend is doing right now? I think my best friend is sleeping now.

What are you doing now? I'm listening music.



1. Complete the sentences using the verbs below. Follow the example.

To play

To do

To sleep

To listen

To work

To study

To talk

To joke



e.g.: He is studying in the library now.

- a) Mary is working at the office.  
 b) What are you doing? "I am playing video games."  
 c) Be quiet! Grandma is sleeping in the living room.  
 d) What are you listening to? "It's rock and roll!"  
 e) Is Joe serious? "No, he is joking with you."  
 f) Jack and Dave aren't talking to each other. (negative)

2. Put the verbs in the correct tense.

e.g.: Meg is playing the piano for her grandparents. (to play)

- a) Helen is laughing at Joe's joke. (to laugh)  
 b) Peter works in a bank in the afternoons. (to work) (routine)  
 c) They are speaking French every day. (to speak)  
 d) Why are you looking out the window? (to look)  
 e) I change my socks every day. (to change)  
 f) Betsy is eating a delicious hamburger in the kitchen now. (to eat)



3. Match the answers on the right to the questions on the left and fill in the blanks.

1. What do you do on weekends?  
 2. Who is knocking on the door? X  
 3. Are they studying Math? X  
 4. Do you have an English dictionary? X  
 5. Is he sleeping now? X  
 6. Does Maya walk to school? X

- (2) Callie is knocking on the door.  
 (4) Yes, I do. Here it is!  
 (5) No, she is watching TV.  
 (6) No, she doesn't. She rides the bus.  
 (1) I go to the movies.  
 (3) No, they are studying English.

4. Answer each question according to the picture. Follow the example below.



e.g.: Is she riding a bicycle?

No, she isn't. She is making the bed.



a) Are they drinking soda?

No, they aren't.  
They are playing soccer.



b) Is he doing the dishes?

No, he isn't. He is riding a bike.



c) Are they riding a horse?

No, they aren't.  
They are playing guitar.



d) Is she shopping?

No, she isn't. She is swimming.



e) Is she working out?

No, she isn't.  
She is reading.

curiosities

Track 8  
05:35

### Words to know

Dial tone

Busy signal



Phone number



Caller



Dead  
(no dial tone / no battery)

Long distance



Local



Country code



Area code

### Verbs to know

to dial

to request (information)

to be (busy)

# Seasons & Holidays

## conversation

Track 8  
00:08

Derek: Hi, Julie! Do you know what today is?

Julie: How could I not? It's February 14th, Valentine's Day!

Derek: You sure sound excited. Are you getting Brian something for Valentine's Day?

Julie: I'm thinking of getting him a nice shirt.

Derek: He'll like that. I got a secret Valentine<sup>1</sup> this morning, and I'm very curious to know who sent it!

Julie: Oooh, a secret Valentine, huh, Derek? You know, you give a Valentine to someone you love—family, friends, girlfriend... crushes! So it's got to be someone who thinks you're special.

Derek: Do you think so? Maybe it's from Hannah. She's been acting funny lately. Do you think she has a crush on me?

Julie: I don't know... could be... It's a mystery!

Derek: Hey, you know something about all this, don't you? Now I'm even more curious!

Julie: I guess you'll just have to wait to find out!



Mom: All right, kids. It's time for everyone's favorite part of Easter: the Easter egg hunt! Who wants to play?

Kids: Me, me! I do! Yay!

Annie: Where do we start, mom?

Mom: Here are the rules: just follow the bunny trails — those paw prints<sup>1</sup> on the ground are the trails. Some lead to the Easter eggs<sup>2</sup>, others just take you around in circles. Try out each one, until you find all the eggs. But no pushing and no fighting! If you can't play nice, you'll have to sit out. Ready? Go!

Kids: Yeaah!!



## Seasons



Spring  
warm  
blooming flowers



Summer  
hot  
green grass



Fall  
cool  
changing leaves



Winter  
cold  
bare trees

## Articles of Clothing



T-shirt



shirt



jeans



skirt



coat



sweater



socks



shoes



shorts



hat / cap



pants



dress



tank-top



jacket



sweatshirt



capri pants



beanie



boots



gloves



sandals



flip-flops



scarf



## Other Holidays

Thanksgiving



St. Patrick's Day



March 17<sup>th</sup>

New Year's Eve



December 31<sup>st</sup>

## language interaction

Track 9  
03:15

Julie is planning her annual family Thanksgiving dinner. Aunt Mary and Uncle Tom *always* come, but her brother Philip *never* comes. He lives in England. They *usually* have turkey for dinner. But this year she wants to do something different. They *rarely* eat ham, so this year she wants to serve smoked ham with honey.



How often do you...?

Julie *always* calls Brian.  
Brian *never* calls his Aunt Mary.  
Jessica is *usually* home at 5 pm.  
Her parents are *never* at home before 7 pm.

1x once a week (month, year, etc.)  
2x twice  
3x three times  
4x four times  
10x ten times

always

almost always

usually

often

sometimes

occasionally

seldom / rarely

hardly ever

almost never

never

100% - 7x a week

5x - 6x a week

1x - 4x a week

1x a month

1x a year

0% final

I go to the beach 1x a year

I almost never go to the beach





## MERRY CHRISTMAS!

Christmas is my favorite time of year! There is always good food and good times with the family. In the United States, Christmas is in the winter, but in Brazil, it is in the summer. Sometimes I visit family in the US. There, we often get snow during Christmas and New Year's. Most Christmases, my family gets together on Christmas Eve for a big turkey dinner, and we exchange gifts at midnight. The holiday candles make the house smell great! The children sit around the tree waiting for Santa Claus to bring their presents. The house is always full of love and fun as we wish each other a Merry Christmas and a Happy New Year!

### comprehension

In what season is Christmas in your country? In summer.

What is your favorite part of Christmas? My favorite part are the presents.

What does a typical Christmas dinner include? A typical Christmas dinner is the turkey.

\*Who do kids expect on Christmas Eve? The kids expect for Santa Claus.

What is your favorite holiday? I don't have a favorite, but I like Christmas.

What do you do on your favorite holiday? On my favorite holiday I like to travel to my grandma's house.

1. Write the name of the season that corresponds to each article of clothing below.



Sundress

summer



Turtleneck

fall



Snow gear

winter



Polo shirt

spring



Bathing suit  
& flip-flops

summer



Jacket

fall/winter



Capris

fall



Sweatsuit

winter



Mini-skirt

summer

2. Choose the best option to complete each sentence.

- The sun (never/often) shines in spring.
- It (usually/seldom) rains in London.
- The weather is (always/rarely) hot in summer.
- The weather is (generally/seldom) cool in fall.
- We (usually/never) speak Portuguese in class.
- Kids (seldom/usually) get presents on Christmas.
- I visit my grandma (twice/often) a week.
- Lucy loves pizza. She eats it (once a month/every day).
- They work on Mondays, Wednesdays, and Fridays. They work (three times/twice) a week.
- How (always/often) do you travel abroad?



## Weather forecasts around the world

Location	Forecast	Icon	High Temperature	Low Temperature
London, England	Windy with rain showers		14°C	8°C
Rio de Janeiro, Brazil	Mainly sunny skies		38°C	29°C
Anchorage, Alaska	Snow storm and blizzards		35°F	23°F
Auckland, New Zealand	Chilly and cloudy		69°F	64°F
Manila, Phillipines	Humid with possible thunderstorms		32°C	27°C
Miami, USA	Clear skies and strong winds		80°F	73°F

## Chart symbols

	sunny		thunderstorms		partly cloudy
	rain		mostly cloudy		rain and snow / freezing rain
	snow		rain showers		windy

# Groceries & Supermarkets

conversation

Track 19  
00:10



Lucy: Jack, the fridge<sup>1</sup> is empty, and I'm hungry! Let's go to the supermarket.

Jack: I'll grab the grocery list<sup>2</sup>.

*At the grocery store...*

Jack: I'll get a shopping cart<sup>3</sup>... Ok, all set.

Lucy: We need some lettuce, peas, bananas, grapes, butter, sugar, and milk.

Jack: Woah! Slow down. Let's get what we need in the fruits and vegetables section first. Then we can go to the dairy section.

Lucy: You're right. Sorry.

Jack: No problem. Here we are...

Lucy: Ok. What else do we need?

Jack: How about olive oil, honey?

Lucy: Good idea. I think it's in the next aisle over. Did you get the bread?

Jack: Wheat bread, French baguettes, or sliced bread?

Lucy: Whatever you want.

Jack: Got it. Get those cookies I like.

Lucy: They're on the top shelf. I can't reach them.

Jack: Let me help you.

Lucy: Thanks. Anything else?

Jack: Ice cream<sup>4</sup>. It's always good to have ice cream in the house.

Lucy: Ok, but don't get chocolate. I can't stand chocolate ice cream!

Jack: All right, vanilla then.

Lucy: Mm-hm. That's the last item on the list. We're done!

Jack: We have more than we need. Let's go to the check-out counter before we buy the whole store!

Lucy: That's why they say it's never a good idea to go grocery shopping on an empty stomach!



## Forms of payment

Cash



Check

Debit card  
Credit card



## More food



Coconut



Peach



Plum



Melon



Orange



Apple



Lime



Potato



Beans



Tomato



Cucumber



Carrot



Cooking Oil



Olive oil



Vinegar



Canned food



Jam



Rice



Nuts



Potato chips



Junk food



Salt



Sugar



## Ways to prepare food



Grilled



Cooked



Baked



Fried



Marinated



Seasoned

language interaction

Track 10  
03:15



Lucy is looking at Ann.



She is looking at her.



Linda is talking to Bob.



She is talking to him.



Lucy is looking at herself  
in the mirror.

**Your turn!** Follow the example below.

1. I	(3) him	(1) myself
2. You	(6) us	(3) himself
3. He	(2) you	(2) yourself/yourselves
4. She	(7) them	(4) herself
5. It	(5) it	(7) themselves
6. We	(1) me	(6) ourselves
7. They	(4) her	(5) itself

## GROCERY SHOPPING



Do you enjoy grocery shopping? Some people think it is stressful and time-consuming, while others enjoy buying fresh groceries for the week. One of the things that affects your experience is the kind of store you choose to go. There are large chain supermarkets, and there are small local stores. People prefer one kind of supermarket to another for different reasons.

Large supermarkets offer better prices and greater variety, while smaller ones tend to be more limited. However, shoppers like them because of their tradition and convenience. Local markets are usually owned by residents of the neighborhood. These kinds of businesses are called "mom & pop" stores. They are invaluable for their commitment to the surrounding community.

As the times change, so does the way people buy groceries. Chain supermarkets have many different items, from food to electronic appliances. But, because of their size, they are more crowded. Lines are longer and aisles are far apart from each other. So while it is great to get everything you need in one trip, you may have difficulty finding the items on your list.

## comprehension

Give examples of what you can find in large supermarkets. A great variety of food brands with better prices

Why do some people choose small stores rather than large ones? 'Cause the tradition and convenience.

Do you prefer large supermarkets or small stores? I prefer large supermarkets 'cause of variety.

What items do you usually have on your grocery list?

Melon  
Potato chips  
Junk food  
tomato  
fish

steak  
rice  
apple  
strawberry  
milk

1. Choose the best option to complete each sentence.

e.g.: I love Jack. He is my boyfriend. (him / he)

a) Be careful with the knife. Don't cut yourself. (you / yourself) ✓

b) Please, do it for me. I'm tired. (myself / me) ✓

c) My parents always go out together. They love to go to the movies. (they / them) ✓

d) Paul usually calls Patricia. She never calls him. (himself / him) ✓

e) My grandma talks to herself all the time. (herself / myself) ✓

f) The teacher always gives us a lot of homework. (we / us) ✓

g) I don't need any help. You can go home. (himself / you) ✓

h) He doesn't need any help. He can do it by himself. (himself / you) ✓

i) Susie is a great teacher. All the students like her. (her / she) ✓

j) Bye, girls! Enjoy yourselves at the party! (yourselves / you) ✓

2. In the paragraph below are ten mistakes involving pronouns. Find and correct each one. The first one was done for you as an example. Good luck finding the remaining 9!

Maryanne is a music student at a conservatory in New York City. <sup>it</sup> ~~He~~ is a very good school for professional performers. Her parents help her financially, so she doesn't have to pay for school by ~~myself~~ <sup>herself</sup>. She plays the keyboard and the saxophone, but the sax is her favorite. <sup>it</sup> ~~He~~ has a beautiful, smooth sound that Maryanne just loves. This is her tenth year as a music student. Although her mom and dad are also musicians, Maryanne chooses to study music for ~~themselves~~ <sup>herself</sup>. She loves to perform in front of large audiences. She doesn't get nervous anymore because she practices at home for her friends and family. It makes ~~her~~ <sup>herself</sup> happy to see the audience's enthusiasm. Maryanne also enjoys improvising jazz on the keyboard. Improvisation lets her express ~~itself~~ <sup>herself</sup>. Maryanne advises all of her friends to find a way to express ~~ourselves~~ <sup>themselves</sup>. "It is important," she says, "for people to know ~~yourselves~~ <sup>themselves</sup>. And how can we know ~~themselves~~ <sup>ourselves</sup> if we don't let our feelings out in some way?" Maryanne says that music isn't hard. "If ~~myself~~ <sup>myself</sup> can do it, anybody can!"

# Words that describe taste



chewy



crunchy



juicy



salty



bland



sour



bitter



sweet



hot (spicy)



mild



dry



greasy



burnt



rotten

## Numbers in the hundreds and thousands



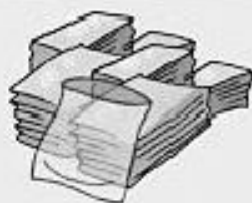
253 Two hundred and fifty-three **guests**



802 Eight hundred and two **mice**



1,000 One thousand **ideas**



7,304 Seven thousand three hundred and four **plastic bags**



10,000 Ten thousand **cardboard boxes**



3,500 Three thousand five hundred **customers**



# Chapter Summaries

## Focus on Grammar

### 1 - Welcome & Nationalities

#### Verb "to be"

I	am	I'm
He		He's
She	is	She's
It		It's
You		You're
We	are	We're
They		They're



#### Affirmative

I'm Brazilian.  
He's a student.  
She's a good girl.  
It's a big pencil.  
You're smart.  
We're Mexican.  
They're nice people.

#### Negative

I am not Brazilian.  
He is not a student.  
She is not a good girl.  
It is not a big pencil.  
You are not smart.  
We are not Mexican.  
They are not nice people.

#### Interrogative

Am I Brazilian?  
Is he a student?  
Is she a good girl?  
Is it a big pencil?  
Are you smart?  
Are we Mexican?  
Are they nice people?

### 2 - Occupations & Age

#### Demonstrative Pronouns

	Singular	Plural
Near	this	these
Far	that	those



#### Prepositions for location

In	city, state, country or region	We live in Brazil.
On	street or avenue	We live on Bahia Street.
At	specific number	We live at 169 Bahia Street.



### 3 - Home & Furniture

#### There + to be

Expresses existence

<b>Singular</b>	There is
<b>Plural</b>	There are

#### Affirmative

**There is** a pencil in my bag.

**There are** clouds in the sky.

#### Negative

**There isn't** a pencil in my bag.

**There aren't** clouds in the sky.

#### Interrogative

**Is there** a pencil in my bag?

**Are there** clouds in the sky?

#### Plural Nouns

Nouns that end in	Plural form	Examples
ch, sh, s, ss, x, z, o	add es	bus - buses dish - dishes
f or fe	drop the f or fe and add ves	wife - wives knife - knives
y preceded by a consonant	drop the y and add les	family - families country - countries
man	switch a to e	man - men woman - women



### 4 - Routines & Habits

#### Simple Present & the Auxiliary Verb "do"

Refers to habits, routines, frequent actions, and general facts

I	
You	work
We	
They	
He	works
She	
It	

I	
You	do
We	
They	
He	does
She	
It	

#### Affirmative

They **eat** lunch at home.

She **eats** breakfast every day.

#### Negative

They **don't eat** lunch at home.

She **doesn't eat** breakfast every day.

#### Interrogative

**Do they eat** lunch at home?

**Does she eat** breakfast every day?



## 5 - Animals & Time

### Telling Time

Time	What to use	Example
00'	o'clock	10:00 → ten o'clock
01' - 30'	past/after	1:10 → ten past/after one
31' - 59'	to + the next hour	8:40 → twenty to nine
00' - 59'	hour + minutes	3:35 → three thirty-five
15'	a quarter past/after	11:15 → a quarter past/after eleven
30'	(a) half past	6:30 → half past six
45'	a quarter to	4:45 → a quarter to five

### Describing appearances & expressing likes and dislikes

What's he like?	general appearance	He's tall and funny.
What does he like?	preferences	He likes pizza and beer.



## 6 - Food & Kitchen

### Articles

Definite	the	used for specific nouns	the chair (the one you're sitting in)
Indefinite	a	used for general nouns	a chair (any chair in the room)
	an		an egg (any egg in the refrigerator)

### Some, Any, No

Word	Used in...	Example
some	affirmative sentences and polite offers	There <b>is</b> <b>some</b> chocolate cake in the refrigerator. Would you like <b>some</b> chocolate cake?
any	general questions and negative sentences (after a negative verb)	Is there <b>any</b> chocolate cake in the refrigerator? There <b>isn't</b> <b>any</b> chocolate cake in the refrigerator.
no	negative sentences (after a positive verb)	There <b>is</b> <b>no</b> chocolate cake in the refrigerator.

continued on the next page...

**Compounds with some**

refers to an *unknown* person, thing, or place

used in affirmative sentences and polite questions when the identity of the person/place/thing is not important

<b>someone</b>	people	<b>Someone</b> is in the kitchen, but I don't know who.
<b>somebody</b>		There's <b>somebody</b> at the door.
<b>something</b>	things	Would you like <b>something</b> to drink?
<b>somewhere</b>	places	Let's go <b>somewhere</b> !

**Compounds with any**

refers to a person, place, or thing when *which* person, place, or thing is not important

used in questions and negative statements

<b>anyone</b>	people	Is <b>anyone</b> in the kitchen?
<b>anybody</b>		There isn't <b>anybody</b> at the door.
<b>anything</b>	things	I don't want <b>anything</b> to drink, thank you.
<b>anywhere</b>	places	I don't want to go <b>anywhere</b> but the beach.

**Compounds with no**

refers to an *absence* of people, places, or things

used in questions and affirmative statements

<b>no-one</b>	people	Is there <b>no-one</b> home?
<b>nobody</b>		<b>Nobody</b> knows where the party is.
<b>nothing</b>	things	She has <b>nothing</b> to do today.
<b>nowhere</b>	places	I have <b>nowhere</b> to go this weekend.

**Adjective word order** (when describing nouns, follow this order)

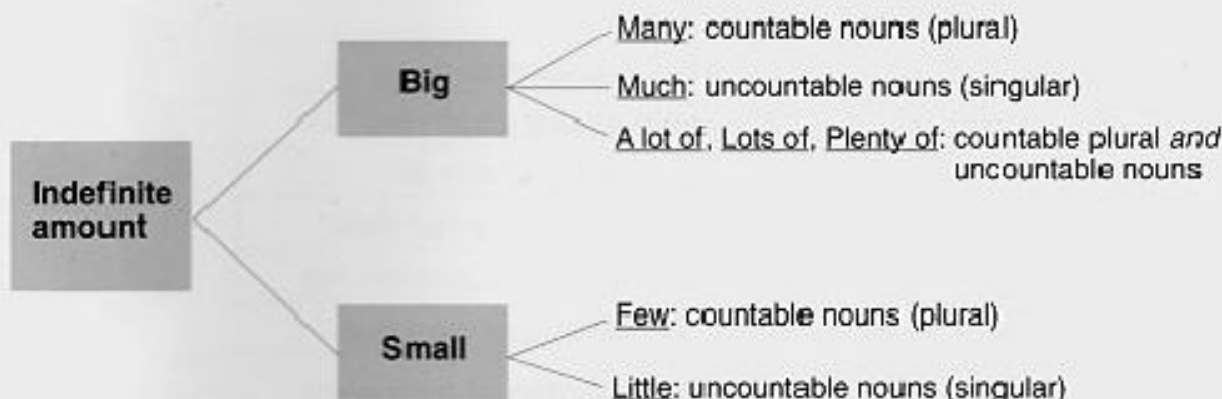
1	2	3	4	5	6	7	NOUN
opinion	size	shape	age	color	origin	material	
beautiful			new	blue			house
	large	square				wooden	table
popular			old		Brazilian		song

## 7 - Sightseeing &amp; Shopping

**Nouns**

Countable	Uncountable
individual items, objects, people, or things	materials, liquids, concepts, and emotions
can be counted one by one	needs measurements to be counted
have singular and plural form	there is no plural form
apples, chairs, tables, cars	rice, water, advice, love

## Many, Much, A lot of, Lots of, Plenty of, Few, and Little



## Direction words and phrases

<b>Around the corner</b>	just after the corner
<b>Opposite</b>	on the other side of something
<b>Near</b>	short distance / close to
<b>Across</b>	on the other side of the street
<b>Next to</b>	to the side of something
<b>Turn right or left</b>	make right or left turn
<b>Keep going</b>	continue in the same direction



## 8 - Phone & Chats

### Present Continuous

Expresses an action while it is still taking place (sometime between the beginning and the end of the action).

subject	to be	verb + ing
I	am	eating
He She It	is	
You We They	are	

### Affirmative

I **am studying** English this year.

The phone **is ringing**.

### Negative

I **am not studying** English this year.

The phone **is not ringing**.

### Interrogative

**Am I studying** English this year?

**Is the phone ringing?**



## 9 - Seasons & Holidays

### Adverbs of frequency

100%	always	I <b>always</b> go to the mall.
80%	usually, generally	My friends <b>usually</b> go with me.
60%	frequently, often	My mom <b>often</b> goes with us.
40%	sometimes	<b>Sometimes</b> I go to the mall alone.
20%	rarely, seldom	My boyfriend <b>seldom</b> goes with me.
0%	never	My father <b>never</b> goes to the mall.



### How often...?

1x	once
2x	twice
3x	three times

### Position of adverbs of frequency

to be	I am always late. She is rarely on time.
other verbs	I always arrive late. She rarely arrives on time.



## 10 - Groceries & Supermarkets

### Object Pronouns & Reflexive Pronouns

Object pronouns are used after a verb or a preposition.

Reflexive pronouns refer to something we do to ourselves.

They are also used to express something we did alone (without anyone's help).

subject	object	reflexive
I	me	myself
You (singular)	you	yourself
You (plural)	you	yourselves
He	him	himself
She	her	herself
It	it	itself
We	us	ourselves
They	them	themselves

